

Baked Oatmeal

Serves 4-6

Introduction from Chef Richard Blais

Baked oatmeal is as hot as it gets in the breakfast world right now. Here we are combining the classic technique of a custard like French toast with all the feels of healthy oatmeal.

Choosing the Right Salt

When whipping up this fan favorite breakfast I'm using Morton® Fine Sea Salt when I'm baking the oatmeal, and Morton® Coarse Himalayan Pink Salt to finish on top. The fine sea salt dissolves more quickly and evenly than other salts, making it perfect for the blending stage, while the coarser grains of the Coarse Himalayan Pink Salt is perfect for finishing the dish off with a dash of color and some added texture!

Ingredients: Step A

1 tablespoon coconut oil
2 cups rolled oats
1 teaspoon baking powder
2 teaspoons ground cinnamon
1/2 teaspoon Morton® Fine Sea Salt
1/4 cup coarsely chopped pecans or walnuts
1/2 cup fresh blackberries
1 large banana peeled and sliced
1/4 cup chopped golden raisins

Ingredients: Step B

1 large egg
1/4 cup coconut nectar or maple syrup
2 teaspoons vanilla extract
3 tablespoons melted butter
2 cups coconut milk unsweetened
1/4 cup coconut sugar to brûlée (optional)
1/2 tablespoon Morton® Coarse Himalayan Pink Salt

Directions:

1. Preheat the oven to 350 degrees.
2. Mix all of the ingredients in Step A in a bowl big enough for the items to be mixed together loosely. Set aside in a baking dish.
3. Turn your attention to the ingredients in Step B. In a separate bowl, whisk together all these ingredients except the salt and coconut sugar to make a custard mixture.

4. Gently pour the custard mixture from Step B over the baking dish ingredients and bake for 30-40 minutes.
5. Remove the baked oatmeal and top with the sugar and broil on high for 2 minutes or with a crepe brûlée torch.
6. Finish with a sprinkle of Morton® Coarse Himalayan Pink Salt!

Tips to Erase Food Waste:

When preparing this dish, you can be creative and add additional fruit if you have some “aging” in your fridge or on your counter. I love using older more mature, almost black bananas in this recipe as they are sweeter and will add to the custard like texture!